



A FINE DESSERT

Emily Jenkins & Sophie Blackall

FOUR CENTURIES, FOUR FAMILIES, ONE DELICIOUS TREAT

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Grades: Preschool–3; Ages: 4–8

Four centuries, four families, one delicious treat. Travel through time and witness the evolution of cooking around the world. Students will develop an appreciation for modern luxuries, from kitchen gadgets to refrigeration, while getting a glimpse of family life throughout history. With a delicious Blackberry Fool as the “main character,” this story will wake up your taste buds and inspire you to get cooking.

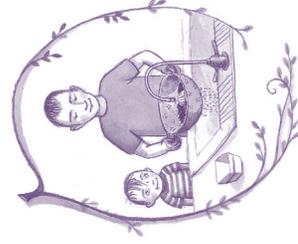
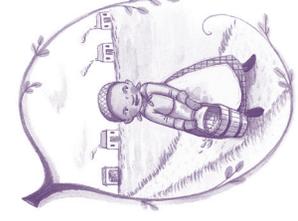
This guide is aligned with the Common Core Curriculum according to the standards for the first grade. If you teach another grade, you can easily find the coordinating standard for your grade level at corestandards.org.



Pre-Reading Activity

Ask your librarian to gather a selection of picture books that represent life in the early 1700s, 1800s, 1900s, and 2000s. Give students time to look through these books. Then put four large pieces of paper on the wall and title each with one century. Begin a discussion of what life was like in each century, using the following questions:

- What did people wear?
- What jobs did people have?
- What types of food did people eat?
- Where did people live?
- What was school like?



Record student observations on the paper and keep them posted in the classroom during this book study to use as reference.

- **CCSS.ELA-LITERACY.RL.1.7:** Use the illustrations and details in a text to describe its key ideas.
- **CCSS.ELA-LITERACY.RL.1.5:** Explain major differences between books that tell stories and books that give information, drawing on a wide reading of a range of text types.



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Vocabulary Memory

Review the following vocabulary words and discuss their meanings:

- **Blacksmith**
- **Food processor**
- **Icebox**
- **Plantation**
- **Beaters**
- **Water well**
- **Muslin**
- **Whisk**
- **Colander**

Divide students into pairs and ask them to write each word on an index card. Then have them draw a picture of each word on another index card. Each pair can then play a game of memory by shuffling the cards together and laying them facedown on the table. They take turns flipping over two index cards until they find a word and picture that match. The one with more matches wins.

- **CCSS.ELA-LITERACY.L.1.4:** Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 1 reading and content, choosing flexibly from an array of strategies.
- **CCSS.ELA-LITERACY.L.1.4.A:** Use sentence-level context as a clue to the meaning of a word or phrase.



Blackberry Fool

The book illustrates four slightly different methods of making Blackberry Fool. Ask students to select one century and write step-by-step instructions for the making of Blackberry Fool. Then have students trade their instructions with a partner from a different century and try to make the dessert by following their steps exactly. Be sure to provide the proper equipment and ingredients. When finished, students should discuss how hard the instructions were to follow and if anything was missing. Allow time for editing until they have accurate instructions.

- **CCSS.ELA-LITERACY.W.1.7:** Participate in shared research and writing projects (e.g., explore a number of “how-to” books on a given topic and use them to write a sequence of instructions).

Final Project: “Four Centuries” Market

Divide students into four century groups. Ask them to think about an item that was popular or necessary during their century and give them the resources needed to make that product. Younger students can make a craft that reflects life in each century. Then host a “Four Centuries” Market and invite other classes and parents to attend. Students should dress in historically appropriate clothing and “sell” their product to the customers. Create your own money to use for the market and keep a tally of which century has the most sales.

- **CCSS.ELA-LITERACY.SL.1.5:** Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.



Guide prepared by Jamie Simon, an educational consultant in the Washington, DC, area, who has been involved in education for 13 years as both a teacher and an administrator.



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Name: _____

COMPARE AND CONTRAST

Same and Different

Individually or as a class, identify things that stay the same and that are different as the years change. Use the text as well as the illustrations to help you. Some things to look at include clothing, cooking methods, the family, food, kitchen tools, and home furnishings.

SAME

DIFFERENT



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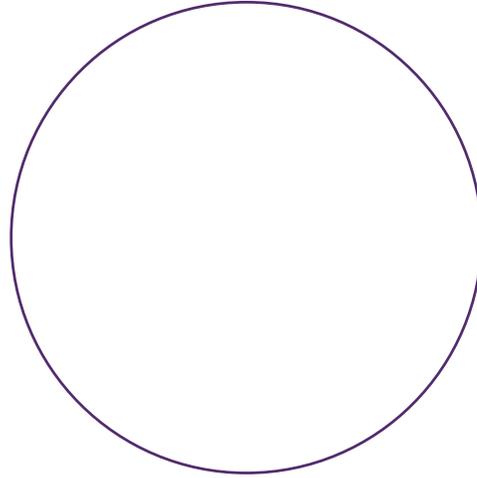


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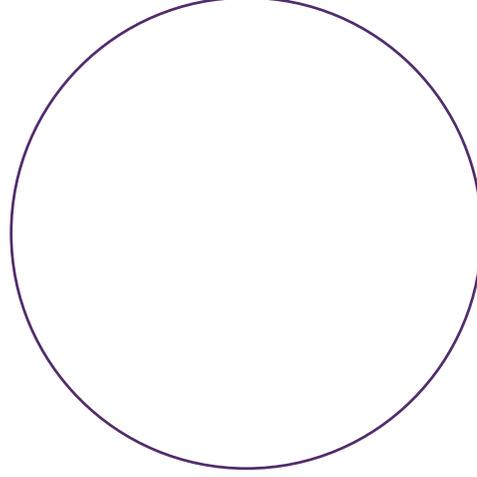
READING COMPREHENSION

It's Supper time!

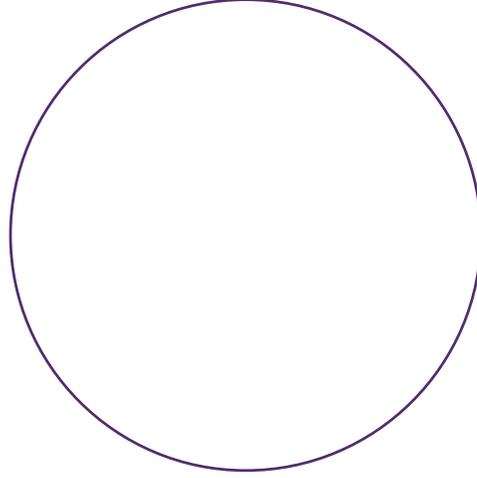
Cut out each of the dinner items at the bottom of the page and glue them onto the correct plate. Use the book to help you decide what color to make each plate.



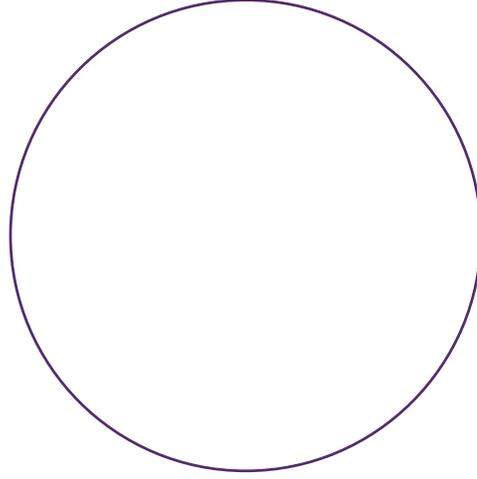
LYME, ENGLAND 1710



CHARLESTON, SOUTH CAROLINA 1810



BOSTON, MASSACHUSETTS 1910



SAN DIEGO, CALIFORNIA 2010

MUSHROOM KETCHUP

ROAST CHICKEN

ROAST TURKEY

ENCHILADAS

MEAT PIE

TURTLE SOUP

POTATO SOUP

TOMATO SALAD

COLD CHICKEN

CORN CAKES

LEMONADE

SWEET POTATOES

CANNED ASPARAGUS

GRILLED VEGETABLES



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